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Shadow Boxing

How to Train

Advice on Living

Rules of the Ring

Book Four



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B. P. CHENEY
Shadow Boxing

**How to Train
and
Advice on Living**

Rules of the Ring

By Marshall Stillman

**Price of Complete
Course (6 Books)
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Shadow Boxing

Take your stand before a mirror in the position of boxer; left foot forward; left hand forward with right hand in the position of guarding (always open, and in position so that you will just look over the top of the fingers). (See Fig. 1). It is best to hold the right guard high and a trifle away from the body, so that you will be in a position to stop a quick left hand jab or left half swing. *Keep your elbows in close to your sides.* See that your weight is principally upon the left foot; the right foot resting upon its ball, and comfortably placed to the rear of the left foot, so that you may easily maintain your balance. *Keep your chin drawn in.* Watch yourself very carefully in the mirror and go through the following movements:

The first round consists of five blows:

Left for nose;

Left for stomach;

Left for jaw;

Left for ribs (uppercut);

Straight counter and corresponding guards.



Fig. 1. Left for Nose



Fig. 2. Left for Stomach

Entirely With Left Hand

After feinting a few times, lead out with a few quick left hand jabs for the face of the opponent at about the same height of your face as reflected in the mirror. Repeat this movement a number of times till you are satisfied that you are performing the movements



Fig. 3. Left for Jaw



Fig. 4. Left for Ribs

scientifically. You will know this by the following:

Is your left elbow near your body?

Is the palm of your left hand turned up so that the knuckles are on the diagonal?

Are you hitting with a twist of the waist as described in the first lesson of our course?

If you do all of these you will be hitting scientifically. Do them!

You can substitute one of the other lefts, for instance, left for stomach (Fig. 2), left for jaw (Fig. 3), and left for ribs (Fig. 4).

Second Movement

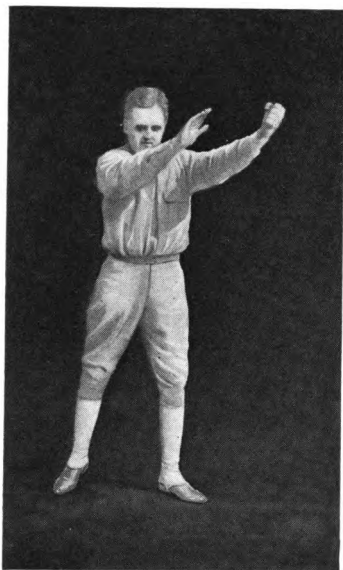


Fig. 5. *Straight Counter*

As you hit with the left hand, guard with the right at the same time (as in Fig. 5). This is called the straight counter and is the safest blow that can be given in boxing; for the reason that you are guarding at the same time you are hitting. See that you guard scientifically. You will know this by the following:

Is your right hand open?

Is the right elbow in?

Does your right hand get out in front quickly, so that you are really guarding with the hand and not so much with the fore-arm?

Is your right hand up, so that in guarding it reaches a higher level than the face?

Is the palm of your right hand toward opponent?

If you do all of these you will be guarding scientifically. Do them.

Repeat this with one of first movements for a number of times, watching carefully your form in the mirror.



Fig. 6. Left Guard



Fig. 7. Right Guard

Third Movement

Alternate with the left lead and the right guard (as in Figs. 6 and 7). Keep your right guard going quite frequently, so that you will become used to the scientific motion and also hit out with the left hand so that the muscles of the arm will be exercised in the quick motion which is necessary for a good left hand hitter.



Fig. 8. Stomach Guard



Fig. 9. Ribs Guard

Fourth Movement

Practice the stomach guard (Fig. 8) which will be found one of the most necessary guards of boxing. There are a number of ways to guard the stomach. The easiest and the best manner is to swing the left fore-arm over the pit of the stomach (as in Fig. 8). See that you do this guard properly. It is easy and it is most effective and quick.



Fig. 10. Left Block



Fig. 11. Right Block

Fifth and Sixth Movements

Block alternately with left and right as in Figs. 10 and 11.

Follow with right and left cuffs, as in Figs. 12 and 13.

Combination Movements

Go at this exercise vigorously and quickly after you are thoroughly satisfied that you are performing the movements scientifically.

Left lead;
Right guard;
Guard for the stomach;



Fig. 12. Right Cuff



Fig. 13. Left Cuff

Combination Movements—Continued

Left swing;
 Left jab;
 Left for the stomach;
 Left upper cut;
 Block (guard for swing);
 Cuff with left and right;
 Feint (with knees);
 Side-step;

Move head from side to side—chin always drawn in and to one side (never expose left ear by turning head too far).

Continue the exercise vigorously for two minutes. Go at it slowly at first to be certain you are making all movements scientifically. Then quicken the pace. Time!

Second Round

This round is to develop the right hand blows; use the straight counter with the left, however, as this is the most useful blow in boxing and the safest.

Use Right Hand

The second round consists of seven blows:

Right for nose;
Right for stomach;
Right for jaw;
Right for ribs;
Straight-counter;
Cross-counter;
Cross-parry.

Use all the guards, feints and foot-work as taught by us—follow the illustrations.

Remember it is *foot-work*; *foot-work*; not leg-work.

Don't let your feet get too far apart. Keep greater part of weight on left foot or equally divide weight between left and right foot.

Move head and body in gliding motion, changing position of head and body very often. See your opponent in your imagination—visualize him. It is not necessary to execute the blows in sequence—use your own judgment.

Go at this round with vim, as shown by the illustrations.

Do your best. Time!



Fig. 14. Right for Nose



Fig. 15. Right for Stomach

Elbows always in. Hands always open when guarding. Blows always given with twist of waist. Weight forward on left foot. Chin in.

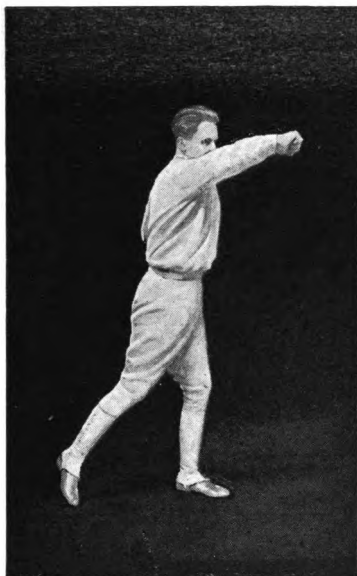


Fig. 16. Right for Jaw

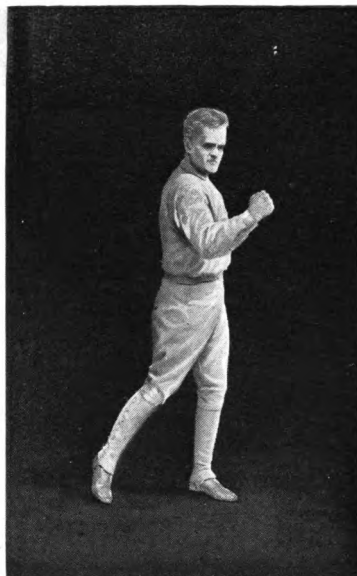


Fig. 17. Right for Ribs

Don't neglect shadow boxing—do three rounds every morning.



Fig 18. Cross-Counter for Jaw Fig. 19. Cross-Parry for Stomach

Keep chin down. Keep elbows in. Keep knuckles on diagonal. Hit with twist of waist.

Third Round

This round consists of all the blows, guards and feints explained in the previous rounds, in company with eight combination blows used by prominent boxers and upon which they generally depended for victory.

First combination.—Stanley Ketchel One-Two Blow.

Second combination.—Eddie Nugent Cuff and Upper-cut with Left.

Third combination.—Cuff and Upper-cut with Right.

Fourth combination.—Bennie Leonard Triple Blow.

Fifth combination.—Mike Donovan Double Blow.

Sixth combination.—Miske Twist.

Seventh combination.—Fitzsimmons Shift.

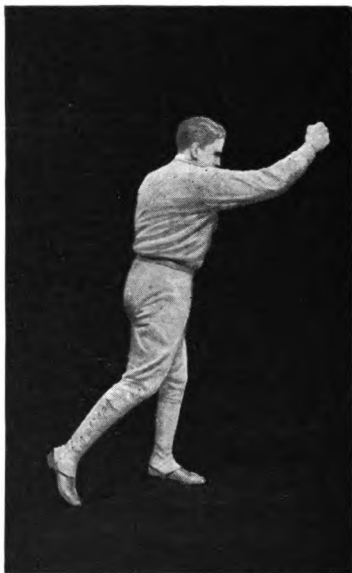
Eighth combination.—Jack Dempsey Triple Blow.

Work all of these combination blows and wind up with a vigorous half minute or even minute of in-fighting. When in-fighting always bring the right foot parallel with the left, obtaining a firm stance—knees slightly bent. Then hit out straight for nose, first with left and then with right as rapidly as possible (for a number of times). Change attack to stomach; then swing for jaw alternately with left and right and finish up with repeated upper-cuts, first left, then with right as quickly as possible. Time!!!

Now you ought to be in fine fettle for your bath.



*Fig. 20. "The Stanley Ketchel"
One-Two Blow (First Part)*



*Fig. 21. "The Stanley Ketchel"
One-Two Blow (Second Part)*

The "Stanley Ketchel"—A left jab followed quickly by a hard straight right for the jaw..



*Fig. 22. "Eddie Nugent"
Cuff and Left Upper-Cut*



*Fig. 23. "Eddie Nugent"
Cuff and Right Upper-Cut*

"Eddie Nugent"—Cuff left lead of opponent with right hand and uppercut with left.



Fig. 24. "Bennie Leonard" Triple Blow (First Part)



Fig. 25. "Bennie Leonard" Triple Blow (Second Part)

Bennie Leonard Triple—After jumping around on toes, or moving quickly, suddenly stop and walking up to opponent jab him a number of times in face with your left, following quickly with hard right for jaw.



Fig. 26. "Mike Donovan" Double Blow (First Part)



Fig. 27. "Mike Donovan" Double Blow (Second Part)

Mike Donovan
Double — Lead for
 stomach with left; immediately run your extended left up opponent's body to chin, holding chin raised; then bring over a quick straight right for point of jaw. A knock-out blow.



Fig. 28. Double Blow (Third Part)



Fig. 29. "Miske Twist" (First Part) Fig. 30. "Miske Twist" (Second Part)

Miske Twist—Frequently one will become twisted around sideways to opponent. Throw left hand open across the face, following immediately with straight right for jaw.

Fitzsimmons Shift—Make strong fake lead with left for face followed instantly by strong fake right lead for head, at same time bringing right foot forward from impetus of right blow; you will find your opponent's right hand raised to guard your (fake) left lead and his left raised to guard your fake right blow, immediately force your left into his stomach with crushing effect. This blow defeated Corbett.



*Fig. 31. "Fitzsimmons" Shift
(First Part)*



*Fig. 32. "Fitzsimmons" Shift
(Second Part)*



*Fig. 33. "Fitzsimmons" Shift
(Third Part)*



Fig. 34. "Jack Dempsey" Triple Blow (First Part)



Fig. 35. "Jack Dempsey" Triple Blow (Second Part)

Jack Dempsey Triple—As opponent leads left, slip head inside, sending your right to his stomach, then swinging your head under his extended left, whip your left to his stomach and immediately follow this up with hard right to jaw brought over his extended left.

Wind up this round with 25 Straight Rights and Lefts for Nose; 25 for Stomach; 25 Swings for Jaw and 25 Upper-cuts.



Fig. 36. "Jack Dempsey" Triple Blow
(Third Part)

Remarks on Third Round

A great set of blows when well delivered. Practice these blows before a mirror every morning. You will find they will be delivered automatically in a very short time. Keep at them. Shadow boxing should be done by men and women of all ages. Not only for

the wonderful exercise but for personal preparedness. We cannot tell when the knowledge of the manly art of self-defense may save us and others from serious danger. Soldiers consider it essential to their training. In trench fighting the fists are often the last resort. Be prepared.

NOTE—Shadow boxing can be made the most healthful, interesting and useful of all exercises. It will give muscle that acts quickly to the command of the brain. Cat-like muscles, not hard, bunched, knotted muscles are the best.

Quick co-ordination of brain and muscle, which is most necessary, not only for the boxer and athlete, but also

for every man. Many a life has been saved by the ability of a man or woman to act quickly under dangerous conditions, and, on the other hand, many a life has been lost by the lack of orientation of the muscular system.

Mike Gibbons.—He depends greatly upon his foot work. He is very shifty with his feet, moving around almost flat-footed, but in such a gliding motion and at the same time so shifting his body from one side to the other, that it is very deceptive. He is called the Phantom in consequence of this trait. He has a wonderfully powerful left-hand jab and also swing. He, in addition, hits a very powerful blow with the right. He is exceedingly quick with both hands, nearly always starting his blows from where the fists are placed. In other words, he does not draw back and so telegraph his opponent that he is about to hit. He delivers his blow with a powerful follow-thru. This effect can be obtained if the boxer will turn around with his waist.

Bennie Leonard.—He is probably the keenest thinker in the ring. He is figuring all the time he is facing an opponent how to meet his style. His characteristics are his foot-work and his double blows. He employs a number of double blows which are puzzling. His foot-work is clever and can be imitated with profit. He bounces up and down on his toes with stretched-out legs. The legs seem to be held stiff, and he goes bouncing around the ring dancing on his toes. This will be found to be tiresome for a heavy man, but for a light-weight or a feather-weight in good trim it can be continued for some time. Even for a heavy man this motion of the foot-work will be found to be quite deceiving to the opponent. One can dance in and out, and can jab his left hand into the face of the opponent a number of times without receiving a return blow. When Leonard has his opponent confused, with his active left landing in his face, he will suddenly whip over his right with great force.

The left upper-cut for the stomach is a favorite blow with Leonard. This is a very effective blow, and can easily be developed.

Jack Dempsey.—The distinguishing feature of Dempsey's work is his pile-driver hitting ability. He can hit with either hand, anywhere, and do it without showing

what's coming. He makes splendid use of the duck and rolls his head well with opponent's blows to his face. He is one of the hardest fighters the ring has known—he wastes no time in getting into action. It's a pleasure to see him fight. He is not as skilful as Corbett, Fitzsimmons and McCoy, but he doesn't have to be.

Jim Corbett.—The principal blow Corbett has depended upon is his left half-swing. He was the first one to introduce this blow to the East. McCoy afterwards modified this left half-swing into what has been called the Corkscrew blow. It is a very effective blow, and when properly delivered will land on the nose or jaw of the opponent with considerable force. Corbett completely wore out Sullivan at New Orleans, in their championship fight, with this blow. Corbett holds his head in the most perfect manner. He is the kingpin of the duck. Chin always in, he is ready to pull down the side of the head so that the approaching blow will never land on his nose. He has never received a broken nose or a cauliflower ear. In fact, about all the top-notchers are free from those beauty spots.

The left half-swing is delivered so that the index knuckle of the left hand lands on the jaw or the nose of the opponent. The left hand is turned when the blow is being delivered so that the palm is down and the knuckle of the index or first finger strikes the opponent.

When you find that your opponent is very quick, especially with the left-hand jab, crouch over to the right, with the left hand ready to do most of the work. As you time him for the lead, swing your left hand for his jaw, keeping your right so that you can guard any upper-cut either for your head or stomach. Should an opponent stand with the right hand and the right foot forward, never use a straight left-hand lead. Always swing your left, or, holding your left to guard his right, hit him with your right hand. If you will confine your attack to these two movements you will have him completely at your mercy.

Watch yourself very carefully in the mirror. See that you are getting the correct form. Proper style is the necessary thing to have. It means power with the least effort expended.

How to Train and Advice on Living

A young man should be exceedingly careful about starting his boxing career too early in life. Should he be matched against an old and experienced ringster, he is not only apt to receive a beating which will discourage him from further effort, but he is in danger of being permanently injured. He may, for instance, receive blows on his head which will result in his being mentally unbalanced for the rest of his days. This is not a rare occurrence—you'll find hangers-on at many training quarters whom the boxers call "cuckoo," because their thinking equipment is not in proper working order; they are usually men who were professionals in their younger days, and who never got over a severe beating received from an older and more experienced fighter.

A young boxer should never permit his manager to overmatch him—it's a very stupid thing to do, and frequently means the loss of a good boxer to the ring.

Many professionals who started to take on serious bouts at the age of 16 or 17 find themselves broken down and worn-out veterans at 21. Young Jack O'Brien, the brother of Philadelphia Jack O'Brien, was pushed entirely too fast. So was Young Mike Donovan. He should never have been matched against Mike Gibbons, who was in his prime at the time. The bout lasted just six rounds. In justice to Donovan it must be said, however, that he was not permitted to fight Gibbons in the way in which he wished. He was told to box Gibbons at long range and not to go in close. This was just the way Gibbons liked to conduct his fights. If Donovan had followed his own plans, he would have made a much better showing. Since this bout Young Mike Donovan had fought nobody of prominence.

Philadelphia Pal Moore started at 16 years of age. At 21 he was considered a veteran and second-rater. Patsy Klein started at 17 years of age. He is now 22 and considered as going down hill.

A good boxer if he is well managed and leads a clean life should be a money-maker up to 35 at least. A boxer should never see how much punishment he can take. It's

fine to be rugged and able to take a beating, but a fighter should never take a beating unless he has to.

Always meet your opponent in the way he is weakest. If he is a good out-fighter, that is if he has a long hard-hitting left and right, box him close up—in-fight him. If he is good at the rough-and-tumble stuff, out-fight him; that is, fight him at long range with a good hard snappy left and a straight right or a swinging right. You can also use hooks and upper-cuts with the left but don't meet him on his strongest ground, even if you are just as good as he in that department of the game. It is your business to be equally good at long range fighting or rough inside work. An expert boxer has no special method of attack, but is equally good at both styles.

For example, James J. Corbett defeated John L. Sullivan by out-fighting him, not toe to toe. He was out-fighting him where Sullivan was completely at his mercy. Sullivan was excellent on in-fighting. Corbett was exceedingly good at that also, but was expert on out-fighting. He was trained and coached to fight Sullivan at long range. Consequently, Sullivan never placed a damaging blow upon Corbett's anatomy, whereas Corbett hit Sullivan so many times that he was defeated from pure exhaustion. Corbett didn't knock him out because he had not trained for the knockout.

The training article in this book is written more from the standpoint and requirements of the professional boxer. Should an amateur wish to adopt this method he will, of course, be compelled to arrange his time according to his greatest convenience. There are several rules, however, which he must observe if he wishes to vary these methods. One is, he must never exercise with a full stomach. The other rule is, he must not go to bed with a stomach full of food. If his stomach should be completely empty and he feels hungry on retiring, one or two glasses of warm milk taken slowly will answer the purpose.

A man training for a long fight must train for *endurance*. If he is training for a short bout he then should train for *speed* and *wind*.

When training for endurance, the boxer must be careful to work up gradually or he's liable to grow stale.

Avoid being too strenuous at the start. Gradually accustom your muscles and body to the severe exercise which will have to be undergone as time goes on.

It depends entirely upon the boxer's condition as to the length of time devoted to training for a long fight. Some will train for three months—some for two months—others for a month. A month is the shortest time to get in condition for a long bout, as exercise must be taken gradually so that the boxer's stamina will not be left on the road or in the gymnasium.

When training for a short bout, which will require speed and endurance, be careful about jumping in at top speed too quickly. Quick motions, such as shadow boxing, punching the bag, skipping the rope, dancing jigs, are the best kind of exercise for speed, outside of quick work with the gloves.

Wind is best obtained by short spurts on the road, alternated by walking. Practise deep breathing, and also the exercise called "The Lung Sweeper," which will be found in another book of this course. This exercise relieves shortness of breath by opening up the cells of the lungs and bringing blood into them. It is a great aid to the boxer in regaining his wind between rounds, or when doing road work.

The main things to consider in training are *diet, rest, gym work, and road work*. We will take them up one by one.

Diet.—Breakfast at ten or eleven in the morning. To consist of say some cereal, two eggs, coffee and rolls. If you like cocoa or chocolate, drink it instead of coffee—it is more nutritious and better for the nerves. After breakfast, sit around quietly, read, talk with your attendants or go to sleep.

From 2 till 4.30, gym work. At 5 o'clock dinner. This should consist of a good hearty meal—steak, chops or whatever heavy food you may take a fancy to.

No pastry or candy should be eaten—they generate alcohol in the stomach. Your stomach is a regular distillery and generates all the alcohol your stomach needs from the food that you eat. The proper amount of sweets can be obtained by eating fruits, nuts, raisins, etc.

Cocoa and chocolate are to be preferred to coffee and tea.

Rye or whole wheat bread is better than white bread. Avoid hot bread, hot biscuits or cake.

In the older days when a boxer felt he was growing stale it was chiefly because of too much road work and of eating too much meat. However, should you feel that you are growing stale, drink plenty of milk, and sleep a little longer than usual—that will bring you back first rate.

Nowadays many boxers depend upon a vegetarian diet. This is all right, but one must be careful to get properly balanced food in his diet. Baked potatoes eaten skin and all are excellent food—they should not be eaten mashed or fried. Spinach, string beans, pork and beans, shredded wheat biscuit, milk, nuts, raisins, bananas are all healthful.

Rest.—Make it a point to get at least ten hours sleep. Remember that strength comes in sleep. Retire at ten o'clock even if you find that you cannot go to sleep right away. The strenuous exercise you take in training requires that even if you cannot sleep ten hours, your body must rest at least that time. Get up at about eight. Eat breakfast at ten or eleven.

Gym Work.—There are no set rules to follow in gym work. Some boxers play hand ball, skip the rope, punch the bag, use Indian clubs, etc. But do not neglect your shadow boxing and the sparring with your trainer. You should spend at least 30 minutes at this every day. Do not do any heavy weight lifting, because that will make you muscle bound.

It is a good idea to do your gym work from 2 till 4 or 4.30 in the afternoon.

Road Work.—A stout man needs more road work than a slim fellow. The stout one needs it to lose weight and improve wind; the slim one chiefly to improve his wind.

Road work consists in running and walking. Run at top speed for say 100 yards, then walk for 100 yards. Carry on this exercise for about 60 minutes. Don't cover more than three-fifths of a mile every day. Running from 3 to 10 miles without any walking was the old style of training, but we know better now—it doesn't pay for a boxer to leave his strength on the road. Dress warmly in sweater and flannels.

Do your road work before breakfast, but if you wish,

take a glass of water or a cup of chocolate or coffee beforehand.

After road work take a shower and rub down. There are many different preparations used for rub-downs. Some use a mixed liquid of alcohol, witch hazel, arnica and oil.

After the rub-down, dress. You should have a good appetite for breakfast by this time.

A few more words of caution. Don't eat too much. It is much better to leave the table feeling as if you could eat more than to feel as if you have been crammed full of food.

Don't let anything worry you. Think of cheerful things. There is nothing wears a man down more than worry—and it is a fact that it also has a very bad effect on the digestive system.

Be regular in your work. A boxer should do everything in his very best form each day. There should be no fooling, no lax methods. Act as a clever business man acts when at his business. He goes at his job in a workmanlike manner, sticks to it, finishes it, and when he's through with it, forgets it. This is the way all training for boxing should be conducted. Never sit around and fool with your attendants or do anything in a lax manner while you are in the actual process of training. Each day your exercises should be done better and more scientifically, more thoughtfully, than the day previous. Each bout that you have with your trainers must be carefully conducted and you should put more thought into your blows. Never sit around and talk while you are in your exercising clothes—it gets your mind off the job.

Make it your business to be perfect in everything you do. Don't joke about your training. Take it in an exceedingly serious manner.

After you have doffed your working clothes, and had your shower and rub-down, you can relax and let your mind have free play. It is well then to forget all about the strenuous part of your training. Get it off your mind and enjoy your leisure moments. This helps your nervous system greatly because it gives your nerves and brain a chance to get their normal balance.

Practise everything that is good, nothing in particular,

but always try to do better each time. Don't do anything just to get up a sweat, but work with a purpose and work like a first-class artist. Make your training and your boxing a business, and don't take it lightly. That's the way boxers become experts.

Be sure that your stomach is in first-class condition on the day of the fight. Eat little or nothing for 4 hours before you enter the ring. It is a good idea to eat three or four lumps of cane sugar before the contest. With this carbon in your stomach the exertion through which the body passes will burn up the carbon and alcohol generated by the sweat, instead of burning up the tissues. This helps a fighter keep up his strength.

Questions and Answers on Training

By Marshall Stillman

1. Q. *Does a slim man need any road work? If so, how much?*
A. A slim man needs road work, not to reduce, but for his wind. This exercise on the road should be continued as long as the trainer feels that the wind and the strengthening of the legs need attention. Don't leave your strength on the road, but come in feeling fine and fresh each day.
2. Q. *If you find that running gives you a pain in the side, is it well to keep on till you get your "second wind," or to quit?*
A. When a pain in the side comes, walk or run slowly till it fades out and then keep on with your running and you will find that the pain in the side will soon be overcome and will come to you less frequently.
3. Q. *Should one take a warm or cold shower after sweating? Is a cold shower liable to make one catch cold?*
A. Warm showers, when you commence, tapering off by a dash of cold water. Neither warm shower nor cold shower should last more than two minutes altogether. The bath is merely used to cleanse the skin, and that is done very quickly. It isn't necessary to use soap every day except on the hairy parts of the body.
A cold shower will never cause a person to catch cold—it acts to prevent it. In regard to cold baths: some athletes seldom take water baths. They take a rub down with a towel after perspiring freely and then a rub down with alcohol, which is considered a cleansing bath. These men say that water has a weakening effect. This, of course, is your individual choice.
4. Q. *In training for a bout, should one avoid warm baths? Some say they are weakening.*
A. Athletes never take a bath in a tub. They always take a shower or use a sponge. Don't stay under

the shower more than a minute or two, finishing up with a cold dash.

5. Q. *Is swimming a good exercise for a boxer?*
A. Some boxers don't care to go under the water, as they consider it enervating. Other boxers are very fond of salt water bathing and believe swimming to be a good exercise. Personally, I am inclined to the latter opinion.
6. Q. *Should one dress warmly when doing road work, or be lightly clad?*
A. It depends entirely upon whether you wish to reduce or not. If you don't care to reduce, dress as your feelings dictate. As a rule, boxers dress warmly. When they wish to reduce they wear heavy flannels and sweaters.
7. Q. *What kind of shoes are best?*
A. There's a shoe on the market called the "Ground Gripper," which is the best shaped shoe for the foot. The last of the United States Army shoe is also an orthopedic shoe. Never use a pointed shoe or any shoe that will throw your big toe out of position.
8. Q. *After violent exercise is it harmful to drink water, if one is thirsty?*
A. The drinking of water should be done after a meal or one hour before a meal. Be careful about overloading the stomach with cold water after a violent exercise. If you want to reduce weight you must be careful about drinking water.
9. Q. *Does a fighter require a liberal amount of meat in his diet?*
A. As a rule meat is eaten at the last meal which is about 5 to 6 o'clock, not later.
10. Q. *May coffee and tea be taken in moderate quantities?*
A. Yes. In moderate quantities.
11. Q. *Is it necessary to stop smoking? If not, what form of smoking is least harmful to the "wind"—cigarette, cigar or pipe?*
A. It depends entirely upon how smoking affects you. A pipe after dinner may not be harmful, and may have the effect of quieting one's mind. Too much tobacco is very disturbing to the nervous system.

It will not quiet the nerves in itself. The mind may quiet the nerves, but nicotine will not, and has the opposite effect on the nerves. If a pipe full of tobacco is enjoyed after dinner and one feels easier mentally, why then it is beneficial. Cigarettes should never be smoked, as it is difficult to smoke a cigarette without inhaling, and this injures the wind. Even cigars are not beneficial, but a cigar may be smoked with a holder and is then more in the class of a pipe.

12. Q. *How much sleep is required? Is too much sleep harmful?*

A. From 8 to 10 hours sleep is absolutely necessary, beyond that it is liable to make one lazy.

13. Q. *What meal should be the most substantial? Breakfast, dinner or supper?*

A. The professional boxer takes only two meals a day, his breakfast between 11 and 12 and his dinner is a hearty meal between 5 and 6. He retires at 10 o'clock, which gives him plenty of time to digest his dinner, and go to sleep with his stomach fairly empty.

14. Q. *How about walking? Is it a good exercise for a man in training?*

A. Walking is a good exercise, but walking and running combined is ideal exercise. A man cannot improve his wind at all by walking and he doesn't improve the strength of his legs as by running.

15. Q. *What weight gloves should one use in sparring?*

A. 8 to 12 ounce gloves are used in training. Generally 8 ounce.

16. Q. *Should one wear gloves in punching the bag?*

A. Yes, wear gloves, without them the skin of the knuckles is liable to become tender.

17. Q. *Is it necessary to punch the bag?*

A. Bag punching is an excellent exercise when scientifically done. It helps the eye to judge distance and makes for quick action.

18. Q. *What type of bag do you recommend? The one that hangs from the ceiling, or the kind that is fastened top and bottom with elastic cord?*

A. By all means the bag that hangs from a platform with no attachment at the bottom is the better

form of bag. A bag which is attached at the top to the ceiling and at the bottom to the floor does not have good action.

19. Q. *Why are calisthenics necessary, if one does road work, uses the punching bag, and spars vigorously?*

A. Calisthenics as practised by the German Turn Vereins are not necessary. The regular work of the boxer is all that is needed. Road work and gym work as prescribed will be found adequate.

20. Q. *What is the best way to stop nose bleed?*

A. Nose bleed received from a blow on the nose is seldom serious. Cold water will usually stop it. Some prefer to place cold wet rags on the back of the neck, or a wad of paper under the upper lip. Should the bleed be severe, stuff cotton up the nostril as far as convenient, and place the body in a reclining position. A person who is subject to frequent nose bleeds, not the result of a blow, should be examined by a physician—he is likely to have something constitutionally wrong with him.

21. Q. *Should a boxing glove fit the hand tightly or leave plenty of room inside?*

A. The gloves should fit snugly.

22. Q. *For a man who has never trained, what is the best treatment for sore muscles?*

A. Rubbing with alcohol and any liniment that is handy is good for sore muscles. The liniment isn't so important, but the muscles are relieved by the rubbing which brings the blood into the congested sections.

23. Q. *Which exercise must be done outdoors, and which may be done inside?*

A. Running and walking with quick skipping on the road are done out doors, all gym work and boxing are done inside the gymnasium.

24. Q. *What is an "athletic heart," and how can one avoid it?*

A. Athletic heart is caused by over exertion. In training, especially in the first part of the process, do not over exert and do not exercise when you are tired. As soon as the fresh feeling leaves

you, cease exercising immediately, gradually working up to the place where you will not feel tired.

Long distance runners, bicycle racers, etc., always have the hypertrophied heart.

Every athlete's heart is to a certain extent enlarged. This cannot be avoided, and is not a detriment if not too enlarged. This is one of the reasons why the athlete should keep up his exercise all his life. If he wishes to drop exercising, he must do so by degrees. A man who has exercised strenuously until 40 years of age should continue for a number of years afterwards, and if he wishes to stop he should do so gradually. Likewise, a man who has led a sedentary life must not suddenly start violent exercise or gym work after he is 40 years of age. If he wishes to lead an athletic life he ought to extend his exercise by very gradual steps at least over a period of one year. Do not hurry this process. A prominent New York banker who saw his partners dying around him and who became very anxious over his physical condition, although he had always led a sedentary life, considered it wise to get gymnasium apparatus for his room so that he could exercise in the morning. After trying this method of living he noticed that he was feeling worse instead of better. So he consulted one of the prominent physicians of the city who told him, after careful examination, to cease exercise altogether, never to walk where he could ride, to eat whatever he pleased, drink and smoke moderately—in other words, to lead a normal life, being careful to rest in sleep or on his back a sufficient length of time. The banker followed the advice of the sensible physician and lived to an old age. William Evetts, the celebrated lawyer, was asked to what he attributed his long life. He said, to the fact that he had never exercised. Both these cases bear out the reasonableness of handling our bodies. If you have never exercised up to 50 years of age do not start in unless, as we have said, you take one

year to gradually accustom your body to the new method of living.

25. Q. *Must a man be in perfect health in order to stand ordinary training? For instance, could a man with rheumatism, a weak heart or lungs, gain anything by it, or would it be likely to harm him?*

A. A young man in perfect health can stand any amount of ordinary exercise. If it has been his custom to exercise, rheumatism, or weak heart or lungs need not prevent a certain amount of moderate exercise. If he has not accustomed his body to exercise, it will be well to regulate his health by means of his food. In other words, to eat moderately, never to overload the stomach, and always sleeping or remaining in bed at least 8 hours. He should drink plenty of water one hour before meals and also some after meals, if it agrees with him. Very little, if any, water should be taken with meals. Food must be masticated thoroughly, allowing, if possible, each mouthful to be swallowed almost dissolved by the saliva.

26. Q. *Do calisthenics make slim people stouter?*

A. Weight does not come from calisthenics. The proper assimilation of the nourishment that one takes in one's body accounts for the increase of weight. If calisthenics help the stomach to assimilate more correctly, then weight will be put on. It is not the quantity of food one eats but the correct assimilation of that food which puts on flesh. Eating slowly those things that have food value, and in the case of very thin people, a certain amount of sweets helps put on weight.

27. Q. *Does it make fat people thin?*

A. Fat people will get thin by exercising, if the fat is of a superfluous character. Heat in the body generated by exercising will consume the fatty tissues, especially if one be heavily clothed.

28. Q. *Is good candy harmful or beneficial to one who is training? How about ice cream sodas, cake and pie?*

A. Candy is not considered beneficial. If candy were

only composed of good cane sugar, a little of it after exercising might be beneficial. An exorbitant amount of sweets in the stomach causes acidity, generates a surplus of alcohol and is not beneficial. Ice cream sodas should be avoided. Plain ice cream can be eaten with impunity. One six-day walker depended entirely upon a six-day ice cream diet. It is very nutritious and healthful. It is human to err, so cakes and pies might be considered in that light.

29. Q. *Is it safe to exercise in the sun—running, for instance, in warm weather?*

A. If a boxer wishes to lose weight, running in the sun will increase perspiration and, of course, do him good. But he must be careful about exciting himself and exposing himself too long in the sun.

30. Q. *Some people try to develop a coat of tan. Does this add anything to their physical well-being?*

A. Developing a coat of tan is beneficial; not the tan that the sun puts upon the body, but the effect of the iodine in the rays of the sun gives tone to the nervous system.

Sun baths are considered very beneficial for the nerves. Lying down in the sun, especially in a healthful country, and, if possible, on the sand, is one of the most delightful baths that can be given the body, and also one of the most healthful. Be careful how you start these baths. If you start them with a rush you will regret it, because you won't sleep the night of the day that you begin. Put a towel over your shoulders until your skin becomes less tender. Cold cream before a bath is good to prevent the skin from being scorched.

31. Q. *If one has caught a cold, is it safe to exercise and take a shower, or is this liable to lead to a heavy cold?*

A. A cold is a congested state of the system. Exercise, plenty of water, both inside and out, should relieve the pressure.

32. Q. *If a man has bad feet, and can't do road work very well, is there any other form of exercise he may replace it with?*

- A. Skipping the rope in the gymnasium, rowing or rowing machines, playing hand ball and boxing are the best substitutes for road work if the feet are bad.
33. Q. *Is it all right to stand with the right foot forward instead of the left?*
- A. To stand with the right foot forward in boxing is not the proper way. You are immediately at a disadvantage with the clever opponent who stands with the left hand and foot forward. There have been certain men of fair ability who have stood with the right foot forward, but whenever they have met an opponent who understood the nature of this method and the way to meet the leads and counters, they have always been defeated. When boxing with a man who places his right hand forward, there are two methods of defeating him. Either swing for the jaw with your left hand over his right, thereby placing his right out of commission, or use your left hand for a guard for his right hand and hit him in the face or in the stomach with your right hand, keeping your head on his right side away from an attack of his left hand. There is one thing you should never do—never lead with the straight left hand for a man's face or body, because he is then in a position to deliver a right cross counter that will be a very severe blow.
34. Q. *Should dumb bells be used in doing calisthenics?*
- A. Only light dumb bells should ever be used by a boxer—one to two pounds. Never heavier than two pounds.
35. Q. *Is it all right to drink liquid with meals?*
- A. Drink as little with meals as possible. It is a very bad habit to wash down the food you eat with water or any other liquid. This interferes with the proper action of the saliva on the food—if one chews his food properly, the saliva will freely furnish all the liquid needed. It is all right to drink water about an hour after or an hour before meals—in fact, it is well to drink plenty of water between meals.

The International Sporting Club Boxing Rules

SECTION I

Weights and Classes

Junior Flyweight	109	pounds
Flyweight	112	pounds
Junior Bantamweight	115	pounds
Bantamweight	118	pounds
Junior Featherweight	122	pounds
Featherweight	126	pounds
Junior Lightweight	130	pounds
Lightweight	135	pounds
Junior Welterweight	140	pounds
Welterweight	147	pounds
Middleweight	160	pounds
Light Heavyweight	175	pounds
Heavyweight	all	over

Weighing Time

Eight hours previous to entering the ring the two contestants shall be weighed on the club scales in the presence of each other and an official of the club who shall submit to the referee over his own signature the weights of the boxers.

SECTION II—EQUIPMENT

Ring

To be not less than 18 nor more than 20 feet square within the ropes, the ring floor to extend beyond the ropes a distance of not less than 18 inches. The ring posts shall be not nearer to the ring ropes than 18 inches. The ring floor shall be padded with felt, corrugated paper, matting or other soft material to a thickness of not less than an inch, extending one foot beyond ring ropes, with a top covering of canvas, duck or similar material tightly stretched and laced to ring platform. Material that tends to gather in lumps must not be used.

Height of Ring

Shall be not more than 4 feet above the floor of the

building, and shall be provided with suitable steps for the use of the contestants. Ring posts shall be made of metal not more than 3 inches in diameter, extending from floor of building to height of 58 inches above ring floor.

Ring Ropes

Shall be three in number, not less than one inch in diameter; the lower rope 18 inches above the ring floor, the second rope 35 inches above the floor, and the third rope 52 inches above the floor. Ropes shall be wrapped in soft material.

Gong

Must be not less than ten inches in diameter, to be adjusted securely on a level with the ring platform, the timer to use a metal hammer in indicating the beginning and the end of rounds, so that the contestants and referee can hear the sound of the bell.

Obstructions

The entire ring platform shall be cleared of all obstructions, including buckets, stools, etc., the instant the gong indicates the beginning of the round; and none of these articles shall be placed on the ring floor till the gong has sounded the end of the round.

Gloves

Gloves shall be new and shall weigh not less than five ounces each, to be furnished by the club management.

Water Buckets, Etc.

There shall be provided by clubs a sufficient number of buckets for the use of all contestants. Clubs also shall provide fans, powdered resin for canvas, stools for seconds, and such other articles as are required in the conduct of contests.

Scales

Standard make. Shall be furnished by the club management, and shall be thoroughly tested and approved previous to use for each contest.

SECTION III—OFFICIALS

Officials

Shall consist of a Referee, two (2) Judges, a Time-

keeper, a Director of Bouts, an Announcer and a Physician.

Referee

The chief official of contests shall be the referee, who shall have general supervision over bouts and shall take his position in or near the ring.

The referee shall, before starting a contest, ascertain from each contestant the name of his chief second, and shall hold said chief second responsible for the conduct of his assistant seconds during the progress of the contest.

The referee shall before each bout call contestants together for final instructions, at which time each contestant shall be accompanied by his chief second only. The principals after receiving instructions shall shake hands and retire to their corners. They shall not again shake hands until the beginning of the last round.

No person other than the contestants and the referee may enter the ring during the progress of a round.

The referee shall inspect the bandages and gloves and make sure that no foreign substances have been applied to either the gloves or the bodies of boxers to the detriment of an opponent.

The referee shall have the power—

(a) To cast the third vote in the event of the Judges disagreeing, in which case the three votes shall be of equal value. In the event of two votes coinciding, the result shall be so determined. In the event of all votes disagreeing, the contest shall be declared a draw.

(b) To stop a bout or contest at any stage and make a decision if he considers it too one-sided.

(c) To stop a bout or contest if he considers the competitors are not in earnest. In this case he may disqualify one or both contestants.

(d) To disqualify a contestant who commits a foul and to award decision to opponent.

The referee shall not touch the contesting boxers, except on the failure of one or both contestants to obey the "break" command.

When a contestant is "down" the referee shall at once commence calling off the seconds and indicating the count with a motion of the arm. If the contestant fails to arise

before the count of ten, the referee shall declare him the loser.

Should a contestant who is "down" arise before the count of ten is reached and again go down intentionally, without being struck, the referee shall resume the count where it left off.

Should a contestant leave ring during the one minute period between rounds and fail to be in ring when gong rings to resume boxing, the referee shall count him out, the same as if he were "down."

If a contestant, who has been knocked, or has fallen, out of the ring during a contest, fails to return immediately, the referee may count him out as if he were "down."

When a contestant is down, his opponent shall retire to the farthest corner and remain there until count is completed. Should he fail to do so, the referee may cease counting until he has so retired.

Referee shall decide all questions arising during a contest which are not specifically covered by these rules.

Judges

The two judges shall be stationed at opposite sides of the ring.

It shall be the duty of the judges to watch every phase of the bout and to make a decision, if the contest lasts the limit of rounds scheduled.

They shall be ready at all times, if requested by referee, to assist in deciding whether fouls have been committed, and may bring any other points to the attention of the referee at the end of a round.

The decisions of the judges shall be based primarily on effectiveness, taking into account the following points:

1. A clean, forceful hit, landed on any vulnerable part of the body above the belt should be credited in proportion to its damaging effect.

2. Aggressiveness is next in importance and points should be awarded to the contestant who sustains the action of a round by the greatest number of skillful attacks.

3. Defense work is relatively important and points should be given for cleverly avoiding or blocking a blow.

4. Points should be awarded where ring generalship is conspicuous. This comprises such points as the ability

to quickly grasp and take advantage of every opportunity offered; the capacity to cope with all kinds of situations which may arise; to foresee and neutralize an opponent's method of attack; to force an opponent to adopt a style of boxing at which he is not particularly skillful.

5. It is advisable to deduct points when a contestant persistently delays the action of a contest by clinching and lack of aggressiveness.

6. Points should be deducted for a foul even though it is unintentional and not of a serious enough nature to warrant disqualification.

7. A contestant should be given credit for sportsman-like actions in the ring, close adherence to the spirit as well as the letter of the rules and for refraining from taking technical advantage of situations unfair to an opponent.

8. In order to arrive at a true conclusion every point should be carefully observed and noted as the contest progresses, the decision going to the contestant who scores the greatest number of effective points regardless of the number of rounds won or lost.

When neither contestant has a decided margin in effectiveness, the winner should be determined on points scored and of aggressiveness.

The Club Physician

Within three hours of entering the ring each contestant must be given a thorough medical examination by a physician who has been licensed to practice not less than three years previously. He shall certify to the Director of Bouts in writing over his signature that the contestants are in good physical condition to engage in such contest. And said physician shall be in attendance during the contest prepared to deal with any emergency which may arise.

When the number of rounds of a bout or contest shall have been agreed upon or fixed, and made known, the same shall not thereafter be changed, except in the following instances:—

Upon the recommendation of the duly qualified medical officer who shall have examined the contestants.

At the termination of a bout or contest the referee may order an extra round to be contested for the

purpose of arriving at a decision, provided such extra round does not exceed the limit fixed by law.

Timekeeper

Must be seated outside the ring close to the gong.

He shall indicate the beginning and ending of each round by striking the gong with a metal hammer.

He shall provide himself with a whistle and with a stop watch, which shall have been properly examined and certified to accurately before the bout.

Ten seconds before the beginning and ending of each round the timer shall give warnings to the seconds of contestants by the blowing of a whistle.

In the event of a contest terminating before the scheduled limit of rounds, the timekeeper shall inform the announcer of the exact duration of contest.

Announcer

Shall announce the names of contestants, their correct weights, the decisions of the referee and judges, and other matters as directed by club officials. Clubs shall provide proper facilities for announcing rounds.

Director of Bouts

Shall be responsible for all details of the contest which do not come under the jurisdiction of the other officials.

He shall see that all necessary equipment is provided, that the contestants are ready on time, that the seconds are properly instructed in their duties, that the doctor's report and the statement of weights are delivered to the referee, and that all regulations pertaining to the proper conduct of the bout are enforced.

SECTION IV

Seconds

Shall be not more than three in number.

They shall not coach principals during the progress of rounds.

Seconds must remain seated and silent during rounds, and shall not throw water on a principal or in any other way assist him.

Fans shall be used between rounds, the swinging of towels being prohibited.

Seconds shall not enter the ring until the timer indi-

cates the termination of a round, and are prohibited from spraying or forcefully throwing water on a contestant. Seconds shall leave ring enclosure at the sound of timer's whistle ten seconds before the beginning of each round. They shall leave ring platform and remove all obstructions, buckets, stools, etc., promptly when the gong sounds for the beginning of each round.

Violations of the above provisions shall be followed by the ejection of offenders from the ring corner, and may result in the disqualification of their principal by the referee.

SECTION V

Contestants

Shall report to the Director of Bouts in the club house at least two hours before entering ring. Shall box in proper ring costume, including protection cup, all of which shall be firmly adjusted previous to entering the ring. The belt of trunks shall not extend above the waistline. No other apparel, except as above specified, shall be worn by boxers on entering the ring, except a bathrobe.

Gloves shall be adjusted in the ring under the supervision of the referee, the laces to be knotted on the back of the wrist.

The use of grease or other substances which might handicap an opponent is prohibited.

Bandages

Shall be restricted to soft cloth not more than 6 feet in length and $1\frac{1}{2}$ inches in width, held in place by not more than 2 feet of surgeon's tape, for each hand. These bandages shall be adjusted in the dressing room under the eye of a club official and in the presence of both contestants.

Shoes

Shall be of soft material and shall not be fitted with spikes, cleats, hard soles or hard heels.

SECTION VI

"Down"

A contestant shall be deemed "down" when:

(a) Any part of his body other than his feet is on the ring floor.

(b) He is hanging helplessly over the ropes.

(c) Rising from "down" position.

NOTE—(b): A boxer hanging over the ropes is not officially "down" until so pronounced by the referee, who can count the boxer out either on ropes or on the floor.

NOTE—(c): A contestant may go down through accident or weakness, he may remain down until the count of "nine" without being disqualified.

Should a contestant give up the contest during the intermission between rounds, or fail to respond to the sound of the gong, it shall be decided that he loses the contest by a knock-out in the round previous.

When a contestant's chief second considers the chance of winning hopeless, he may signify his willingness to have the bout stopped by tossing a towel into the ring.

Fouls

1. Hitting below the belt.
2. Hitting an opponent who is down or who is getting up after being down.
3. Holding an opponent or deliberately maintaining a clinch.
4. Holding an opponent with one hand and hitting with the other hand.
5. Butting with the head or shoulder or using the knee.
6. Hitting with inside or butt of the hand, the wrist or the elbow.
7. Hitting or "flicking" with the open glove.
8. Wrestling or roughing at the ropes.
9. Purposely going down without being hit.
10. Striking deliberately at that part of the body over the kidneys.
11. The use of the pivot blow.
12. The use of abusive or profane language.
13. The failure to obey the referee, or any physical actions which may injure a contestant, except by fair sportsmanlike boxing.

NOTE—The referee shall immediately disqualify a contestant who is guilty of a deliberate and willful foul, and award the decision to his opponent. It is recommended that a referee shall not give more than one warning for an unintentional foul, which is likely to incapacitate an opponent, and that he shall disqualify the offender without warning in case of actual injury. In cases of minor fouls, such as hitting with open glove, clinching or prolonging contest after warning has been given by the referee, he shall have the power to disqualify offender and to award the decision to the opponent.

Number and Duration of Rounds

No match shall be of more than fifteen rounds in

length and such rounds shall be of not more than three minutes duration.

Differences in Weight

No contest shall be allowed in which the difference in weight of the respective contestants shall exceed eighteen pounds. This provision shall not apply to boxers in the heavy and light heavyweight classes.

Licenses

All Physicians, Promoters, Referees, Judges, Boxers, Managers, Trainers, Seconds and Announcers shall be fully licensed under the State.

Selective Service Act

No one who has been convicted by a court of competent jurisdiction of a violation of the act of Congress of May 18, 1917, known as the Selective Service Law, shall be entitled to the benefit of these rules or permitted to engage in any bout or contest held in accordance herewith.

SECTION VII CHAMPIONSHIPS

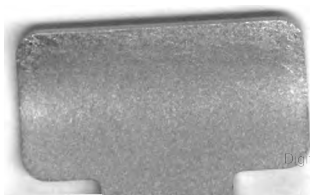
Any boxer winning a championship under the International Boxing rules must defend his title in a bona fide bout to a decision against the best available contender within a period of six months from the time of winning his title, and thereafter every six months if a qualified challenger appears, unless he is prevented by circumstances beyond his control, in which case the time may be extended by the Board of Boxing Control.

Should he fail to do so, or should he be unable to make the required weight as specified in these rules, his title shall be forfeited to his challenger.

No challenge shall be given consideration unless made through a Board of Boxing Control and accompanied by suitable forfeit guaranteeing the sincerity of the challenge.

Complaints relating to a contest, contestants or officials may be made to the Board of Boxing Control by any contestant or manager concerned, or by any official connected with a club or contest.

These rules may from time to time be amended, as the Committee of Rules, Weights and Classes may deem advisable.



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